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She plays a clone on Orphan Black but Canadian Screen Awards best actress winner Tatiana Maslany is a singular talent. Awards coverage, page 12.

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Plebiscite hits 'critical point'

Transit funding. 'Yes' campaign to focus on educating as many people as possible in the final two weeks

MATT KIELTYKA
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March is here, and the push for a "Yes" vote in the spring plebiscite on transit funding has hit a new gear, according to the mayor of New Westminster.

With the first ballots being sent to voters in just two weeks, Jonathan Cote believes the debate — raging since December — is just now starting to reach most people's consciousness.

"I'm finding that more people are now starting to pay attention to the referendum," Cote said. "This is a critical point, one that will decide whether we go forward or not with the mayor's plan."

To that end, Cote says the mayors' entire focus in the next two weeks will be to educate as many people as possible about their 10-year, $7.5-billion transit plan, and why it warrants a "Yes" vote for a regional 0.5 per cent Congestion Improvement sales tax. Throughout, the mayors have tried to focus on the economic, lifestyle and cost benefits of the plan.

Their latest study, released Sunday by HDR Consulting, finds the average family will save about $360 a year by 2030 in fuel, vehicle and other costs should the plan succeed in reducing congestion.

In contrast, the fiery Canadian Taxpayer Federation-led "No" campaign has capitalized on people's frustration with and mistrust of TransLink.

"There are no wrong reasons to vote 'No,'" said CTF B.C. director Jordan Bateman. "A huge percentage of 'No' votes, and even some who vote 'Yes,' are because people don't trust TransLink.

Cote admits the CTF has run a campaign fuelled on frustrations, but insists the transit improvements in the mayors' plan are necessary, with the region slated to grow by a million people by 2040.

"A failing transportation system will end up costing us more," he said.

SLITHERING BACK TO SLEEP

One of the more than 500 garter snakes rescued when their slumber was disturbed at a dike-repair site in Delta, this serpent will join the rest of its nestmates for winter hibernation at the Wildlife Rescue Association of B.C. in Burnaby. Story, page 4. COURTESY PAUL STEEVES

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NEWS

Burnaby

Police shooting at 7-Eleven puts man in hospital

B.C.'s police watchdog organization is investigating after an alleged robbery in Burnaby ended in gunfire early Sunday morning.

Two Burnaby RCMP officers were stopped at a red light near the corner of Canada Way and Edmonds Street around 3 a.m. when they saw what appeared to be a robbery taking place at a nearby 7-Eleven.

Independent Investigations Office spokeswoman Kellie Kilpatrick said police confronted two men and reportedly fired shots.

The suspects attempted to flee in a vehicle but crashed three blocks away at the intersection of Canada Way and Rosewood Street, said Kilpatrick.

Using a search dog, police were able to take two suspects into custody.

Citing a police report, Kilpatrick said officers took one of the men to hospital to be treated for serious but non-life-threatening injuries related to a gunshot wound.

No one else was injured in the incident, including the second suspect.

The Independent Investigation Office is a provincial body tasked with investigating officer-related incidents resulting in death or serious harm.

"Our focus is on the actions of the police officers," said Kilpatrick.

"The (Burnaby) RCMP maintain all jurisdiction over the events that took place in the 7-Eleven. They have their own investigation underway."

The results of the IIO investigation should be released in a matter of months. GEORDON OMAND/METRO

Bernadette Leno is a breast cancer survivor who has severe bone loss in her jaw after undergoing aggressive chemotherapy. She is crowdfunding to raise the money needed to pay for extensive dental work. JENNIFER GAUTHIER/METRO

Breast cancer survivor faces yet another fight

Health. Vancouverite turns to crowdfunding for bone loss treatment

A Vancouver woman who survived an aggressive form of breast cancer is now facing another battle for her health.

After undergoing six months of chemotherapy, Bernadette Leno said she is dealing with severe bone loss in her jaw, believed to be a side-effect of the treatment, which makes it difficult for her to chew properly and speak.

"I've lost the majority of bone in almost every quadrant of my jaw," Leno told Metro. "I got a CT scan done and it almost looks like I've been shot in the face."

The latest health problems are a difficult blow for Leno, who has already seen her body become a battleground over the past five years.

In November 2010, she was diagnosed with breast cancer and underwent a lumpectomy and chemotherapy. When doctors realized her breast cancer was triple-negative, the most aggressive form of the disease, she chose to have a bilateral mastectomy.

Over the next two years, Leno underwent reconstructive surgery and thought she was ready to move on with her life.

Then, in April last year, the pain in her mouth began.

Self-admittedly "stubborn," Leno said she tried to ignore it at first but it only got worse.

"I couldn't even eat a strawberry, it hurt so much," she said.

After visiting a dentist for the pain, Leno said she was eventually referred to the cancer agency's oral oncology department. She now has four specialists looking after her complex case, including an oral surgeon, prosthodontist, orthodontist and endodontist.

The bone loss has caused one of her sinuses to drop, so Leno needs to undergo multiple surgeries including a sinus lift, bone grafts and dental implants. She will also require braces. Without surgery, Leno said, her condition will continue to worsen, making it impossible to eat solid food or speak properly.

"I can already see the change in my face," she added. "I can see my cheeks are caving in. I feel like my profile is changing, and that's upsetting."

She doesn't yet have a final figure on what the dental work will cost, but estimates it to be about $50,000.

Leno, who works for a non-profit, has turned to crowdfunding with the hopes of raising at least $19,000 to cover the estimated cost of the first stage of dental work, which isn't covered by the province's Medical Services Plan. For more information, visit gofundme.com/berniesnewbones. THANDI FLETCHER/METRO

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Wildlife centre gets a slithery surprise

Burnaby. Construction displaces over 500 snakes, landing them in rehabilitation centre

GEORDON OMAND
geordon.omand@metronews.ca

Hundreds of hibernating garter snakes have been accepted with open arms into a wildlife rehabilitation centre in Burnaby, following an unanticipated mid-winter awakening.

A biologist working for a construction company conducting repair work at a dike in Delta contacted the Wildlife Rescue Association of B.C. last week to ask whether the rehab outfit could accommodate a dozen snakes whose winter den had been disturbed.

Within two days the centre was inundated with 518 semi-slumbering serpents.

"It's been surreal," the organization's care centre coordinator, Janelle VanderBeek said on Sunday, laughing.

"In wildlife rescue there's something new every day. We were caught by surprise, but we're used to being caught by surprise."

Staff at the centre conducted an individual assessment on each animal.

Of the lot, 12 were found to have sustained various injuries.

Two were taken to a veterinarian in Maple Ridge for surgery — one for stitches and the other to have its tail amputated — while the remainder are being treated on site in heated tanks.

"I don't think 500 exams on animals have been done in wildlife rehab history in one day," said VanderBeek, who first started volunteering at the Wildlife Rescue Association four years ago.

The displaced animals consist of three separate garter snake species and vary in size from eight-inch, four-gram juveniles, to 2.5-foot adults.

Garter snakes traditionally hibernate — or more accurately, brumate — through the winter in large groups, both to increase their odds of survival and to facilitate mating in the spring.

Burnaby's Wildlife Rescue Association's Janelle VanderBeak says the centre usually treats one or two reptiles and amphibians a year, far fewer than the 518 that arrived last week. PAUL STEEVES/CONTRIBUTED

Despite the drain on the centre's resources, VanderBeek spoke positively about caring for the snakes.

"We were pretty excited because we usually treat about one to two reptiles and amphibians a year," she said.

"We just kind of ran with it and it went really well."

In the meantime, the sleeping slitherers are spending the remainder of the winter nestled among aspen shavings in Rubbermaid bins at the wildlife centre.

Come spring the plan is to release them near the dike site.

Established in 1979, the Wildlife Rescue Association of B.C. is a rehabilitation and public outreach organization based on the south shore of Burnaby Lake.

Vancouver students prepare for climb of their lives

The Street2Peak team hikes in the North Shore Mountains ahead of its trek up Mount Kilimanjaro beginning March 5. BARRY SKILLIN/CONTRIBUTED

Fifteen Vancouver students are about to embark on a journey of a lifetime.

The group of inner-city kids from Britannia Secondary School's Streetfront alternative program have been training in preparation for their trek up Mount Kilimanjaro, Africa's highest peak, this month.

They leave for Tanzania on Thursday, and Street-2Peak's Andy Schofield hopes they return with the skills to scale any of life's challenges.

"It will completely change their perception of the world," said Schofield, former Britannia vice-principal.

"I wanted to take kids from the Downtown Eastside to a place they would not even dream of going otherwise. These are students that come from some disadvantaged families."

The students, aged 13 to 19 and mostly aboriginal, were first selected for the new program and have been raising funds and training for the trip since April 2014.

A slew of sponsors also stepped up to the plate with equipment needed for the trip.

Schofield said the Street-2Peak initiative has effectively flipped the traditional inner-city narrative on its head, and created a group of children ready to be leaders in their community.

"These are kids who don't necessarily get down to Jericho beach in the summer, so just getting them on a bus, out of the city and giggling in the woods (on hikes every Sunday) has been a very positive aspect for them," he said.

"They've already made some big changes in their lives."

MATT KIELTYKA/METRO

Details

After the hike, the students will also spend several nights camping in the Serengeti.

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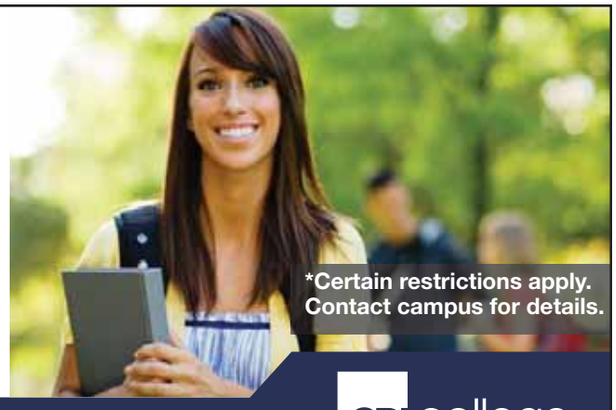

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B.C. Polygamous leader asks court to quash charge

A leader of a remote British Columbia religious commune is asking the province's Supreme Court to quash a polygamy charge against him.

Winston Blackmore filed a petition to the court on Friday arguing the charge must be tossed out, less than a month before he was to appear in court to decide on a judge or jury trial.

The petition argues the B.C. attorney general improperly appointed Peter Wilson, the special prosecutor who laid the charge against Blackmore and three other men.

It's a similar argument to one Blackmore's lawyer successfully made in 2009, when a judge tossed a polygamy charge because of how the province appointed its special prosecutor.

Lawyer Joe Arvay is once again arguing that a 2007 decision made by an earlier special prosecutor still stands, and the attorney general illegally appointed additional special prosecutors.

Winston Blackmore
THE CANADIAN PRESS

Blackmore is accused of 24 marriages, while another Bountiful leader, James Oler, is accused of four marriages and is charged along with two other people with unlawfully removing a child from Canada for sexual purposes.

The allegations have not been proven in court.

THE CANADIAN PRESS

Surrey. Man flees after crashing stolen pickup

Surrey RCMP are looking for a driver who fled from a stolen pickup truck after crashing into three other vehicles.

Police say a black 2005 Ford pickup was heading northbound in the 9800 block of 120th Avenue at around 12:15 a.m. Sunday when it lost control while trying to pass a vehicle.

The pickup struck the vehicle before heading onto the median, crossing over it and crashing into two other vehicles in the southbound lanes.

Police say the male driver then fled from the pickup, and despite the efforts of police service dogs and a helicopter, he has not been found.

RCMP say the pickup had been reported stolen just a few hours earlier in Surrey.

The other three vehicles involved were extensively damaged, but the occupants only received minor injuries and didn't need to be hospitalized.

THE CANADIAN PRESS

Anti-pipeline protesters erected a shelter along Centennial Way on Burnaby Mountain in October 2014. JENNIFER GAUTHIER/METRO

Kinder Morgan fails to answer questions: Mayors

Pipeline. Proposed expansion would triple the bitumen-carrying capacity

Kinder Morgan has come under fire from two Metro Vancouver mayors for failing to answer hundreds of questions about a proposed $5.4-billion pipeline expansion.

The mayors of Vancouver and Burnaby issued a news release Friday criticizing the company for only answering half of their questions during the final round of National Energy Board consultations on the Trans Mountain project.

Of the nearly 600 questions submitted by Vancouver, the company failed to adequately answer 291, and of the 688 questions submitted by Burnaby, the company didn't fully answer 315, they said.

"The city continues to find very significant gaps in the information that Kinder Morgan has provided for a project that puts our environment and our economy at risk," Vancouver Mayor Gregor Robertson said.

Trans Mountain spokeswoman Ali Hounsell said the company tried to thoroughly answer all the questions it could, but some were outside the scope of the NEB process.

The proposed expansion would triple the bitumen-carrying capacity of the pipeline that runs from Edmonton to Burnaby. Almost 1,000 kilometres of new pipe would be built near the pre-existing line.

Sadhu Johnston, Vancouver's deputy city manager, said the questions were "basic" and very much within the energy board's parameters. "Emergency response is very, very squarely in scope," said Johnston in an interview.

He said it's "absolutely ridiculous" for the company to say questions dealing with the definition of "emergency" and the consequences or impacts of an earthquake are out of scope.

"It really builds further concern for us about Kinder Morgan's transparency and their willingness to give us the kind of information we need to review this proposal."

Other questions that received "inadequate" responses focused on the time it would take company first responders to get to an incident site, how contaminated groundwater is monitored and detected and the findings of emergency drills, he said.

Johnston said the city has asked for clarification on 291 questions and Kinder Morgan now has two weeks to revise the answers or provide more information.

Meantime, Burnaby Mayor Derek Corrigan said his city has significant questions that focus on the hundreds of ways the project could threaten Burnaby's safety and livability, and he blamed the NEB for not requiring Kinder Morgan to disclose more details.

THE CANADIAN PRESS

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Engineering a better future for young girls

Outreach program. Special U of T science class for Grade 3 pupils all part of push to make future workplace more gender-split and equal

Catherine Makarytchev, 8, takes her turn looking through magnifying lenses in Toronto on Saturday, while performing experiments at a junior science program at the University of Toronto. DARREN CALABRESE/THE CANADIAN PRESS

Groups of students huddle around desks at a university campus as the instructor gives out a quick overview of the job at hand: Build a crane, create an electromagnet and pick up metal.

Work begins in earnest with some of the students building their contraptions with wheels "for better transportation" while others build them for strength.

But these are not university students. They are Grade 3 and Grade 4 students — about half of them girls — who like to spend a few hours on the weekend building "stuff" and learning about science.

"I've been building stuff a long time," says eight-year-old Yashu Tenneti. "In our school we're building bridges out of Popsicle sticks."

Does she want to be an engineer or scientist when she grows up?

"I don't know. I want to be many things," she says.

The class is part of an outreach program at the University of Toronto designed to help break gender, financial and racial barriers. The university hopes girls like Yashu will eventually enter an engineering program.

Many other universities across the country offer similar programs to encourage women to get into the fields of science, technology, engineering and math. York University, for example, runs all-girl courses that teach science through superheroes.

Later this week, the university is expected to launch the Lassonde 50:50 Challenge — an initiative that aims to achieve an equal gender-split enrolment at its Lassonde engineering school.

The gender divide in professions like engineering and computer sciences is a startling problem. According to Engineers Canada, about 88 per cent of engineers are men.

Those numbers are slowly changing because of programs such as these, according to Jennifer Flanagan, the CEO of Actua — an Ottawa-based charity that promotes science to children, especially girls.

"They can experiment, tinker and that kind of environment is really conducive to boosting their confidence," Flanagan said of the programs, which include all-girl science classes. They have been around for two decades, she said, but they've become more popular in recent years.

Last September, the first-year undergraduate engineering class at the University of Toronto saw 365 women, a 25 per cent increase from the year before. But change is slow. A report from Engineers Canada shows just 18.3 per cent of undergraduate engineering degrees were awarded to women across the country in 2013, up slightly from 17.6 per cent in 2009.

THE CANADIAN PRESS

Montreal. Massage parlour debate rolls on as business endures despite crackdown

Yanick Chicoine THE CANADIAN PRESS

A year after the mayor promised to crack down on erotic massage parlours, Montreal doesn't know what to do with the hundreds of such establishments operating across the city.

Officials are still debating how to tackle the issue of erotic parlours, many of which are open 24-7 and illegally employ women who have sex with men in the massage rooms. Without a clear policy, community groups and massage parlour owners say the police are letting the de facto brothels operate under a tacit agreement: Don't hire minors, don't force women to do anything they don't want to do, and keep organized crime out of it.

Yanik Chicoine, 37, operates two erotic massage parlours in Montreal's east end and said police leave him alone. despite the fact some of his employees sell their bodies for money inside his business. He said police have said they prefer to see prostitution at his kind of place than on the street.

THE CANADIAN PRESS

Nepal. Canadian jailed for molesting young boy

A media report says a Canadian man has been sentenced to seven years in jail in Nepal for molesting a nine-year-old boy in that country.

The Hindustan Times says 71-year-old Ernest Fenwick MacIntosh from Nova Scotia was found guilty of sexual assault by a court in Lalitpur near Kathmandu. The Hindustan Times also says the court also gave MacIntosh a fine of one million Nepalese rupees, equivalent to roughly $12,000.

The Canadian Press could not reach police in Nepal to confirm the report.

Canada's Department of Foreign affairs says the Canadian detained in Nepal is receiving consular services, but the department says it cannot release any more information because of privacy concerns. An earlier report by the Himalayan Times quotes a spokesperson with the Metropolitan Police Range in Jawalakhel as saying MacIntosh allegedly forced a boy into having sex with him in December.

THE CANADIAN PRESS

Medical marijuana growers now fighting over scarce investors

The free-for-all era of Canada's commercial medical marijuana industry is over, as a new crop of growers try to woo scarce investment dollars in an increasingly competitive business.

The short-lived days of unbridled growth ended soon after last year's change in federal regulations, according to Boris Ziger, CEO of Matica Enterprises Inc., a Canadian company aiming to enter the medical marijuana supply industry. Ziger said those changes shifted medical marijuana production away from patients growing their own pot, and toward more commercial enterprises.

According to Ziger, the stock market went "crazy" in the spring of 2014 as various companies began branding themselves as pot producers in hopes of cashing in.

Quoted

"People have had enough of the hype. The market is wise to it now."

Nick Brusatore, who co-owns Affinor Growers

All the exuberance at the beginning of the rush had Canada's security regulators warning investors about buying into medical marijuana companies over lack of disclosure and the general frenzy in the market.

"It was a very hyped-up market, people were very speculative, a lot of loosey-goosey talk," said Nick Brusatore, who owns a controlling share of vertical-farm innovator and marijuana-producing hopeful Affinor Growers.

"People have had enough of the hype," he said. "The market's wise to it now."

But new businesses trying to get into medical marijuana production are having a tough time financing their ventures.

"Even we're finding it a little difficult to raise some cash," Ziger said, adding the newest players have to work a lot harder for what could be a big payoff.

Ziger said Matica is in the final stages of obtaining a licence from Health Canada and plans are in the works for a $10-million expansion of a 14-hectare lot in Nova Scotia for THC Dispensaries Canada Ltd., to eventually produce 11,000 kilograms of medical marijuana annually. Health Canada said 23 licences have been issued — 15 for fully authorized production of medical marijuana and eight for probationary, cultivation-only permits.

An estimated 40,000 patients use medical marijuana in Canada. THE CANADIAN PRESS

Winnipeg

Thief arrested after giving cops place to meet him

A man arrested within an hour of stealing a teen's phone in Winnipeg Thursday couldn't have made investigator's jobs any easier, short of bringing his own handcuffs to be led away in. Officers investigating after a teenage girl reported a man with a knife had made off with her phone started their investigation by calling the phone. He gave police a time and place they could meet him in order to trade $100 for the safe return of the phone.

The man — Obediah Courchene, 24 — did not know he was speaking to police and was caught and charged. METRO IN WINNIPEG

Calgary

Son faced abuse on anti-bullying day; mom angry

Jessica's son dressed up in bright colours before heading off to Banff Trail School last week for Pink Shirt Day, an occasion where students and staff alike take a stand against bullying. But during the lunch break, Jessica said seven kids swarmed her son and one repeatedly struck him. "The teacher who was on duty didn't see what happened," said Jessica, whom Metro has agreed to identify only by first name to protect her son's identity.

"They're saying they don't believe the victim, and (they) know something's happening, but ... don't think it's a big deal."

JEREMY NOLAIS/METRO IN CALGARY

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Ebola. Vice-president of Sierra Leone quarantined

The vice-president of Sierra Leone has put himself in voluntary quarantine after the death from Ebola of one of his security guards.

Vice-President Samuel Sam-Sumana became acting president Sunday when President Ernest Bai Koroma left Sierra Leone to attend a European Union conference on Ebola in Belgium.

Sam-Sumana will carry out his presidential duties from his home.

He is the highest-ranking African official to be in quarantine in this Ebola outbreak in West Africa, which is fast approaching a death toll of 10,000.

The news highlights the rise of new cases in Sierra Leone, which has experienced a setback in curbing the spread of Ebola.

Sam-Sumana voluntarily decided to quarantine himself for 21 days following the death from Ebola last Tuesday of one of his security personnel.

THE ASSOCIATED PRESS

Terror. Emails say 'Jihadi John' thought of suicide

Newly-published emails suggest the man who became known as "Jihadi John" had suicidal thoughts before leaving Britain for Syria.

In an email exchange with the Mail on Sunday five years ago, he talked of taking too many sleeping pills and sleeping forever as a way to get away from British security service scrutiny.

Mohammed Emwazi told a journalist in an email that he felt like a "dead man walking." THE ASSOCIATED PRESS

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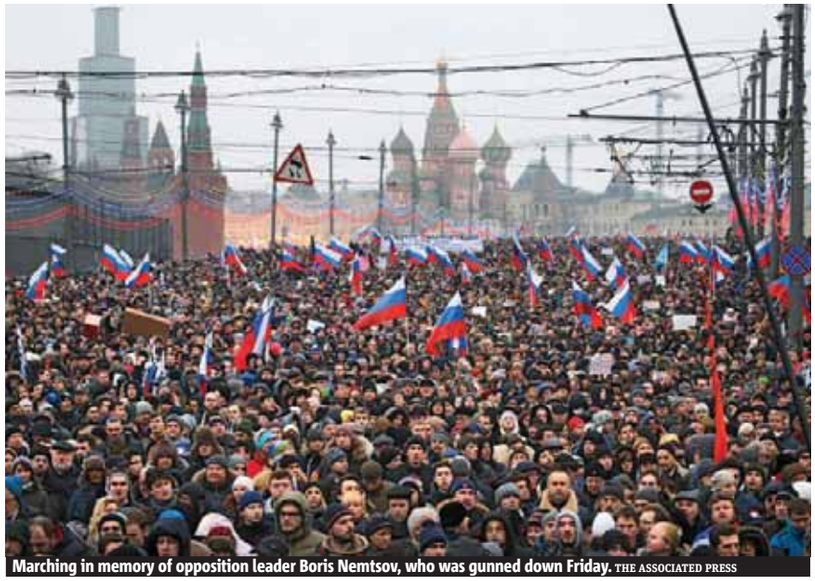
Thousands mourn slain Putin critic

Russia. Demonstrators march near the Kremlin, where Boris Nemtsov was gunned down Friday night



Marching in memory of opposition leader Boris Nemtsov, who was gunned down Friday. THE ASSOCIATED PRESS

Carrying flowers, portraits and signs that said, "I am not afraid," tens of thousands of people somberly marched Sunday in Moscow to mourn opposition politician Boris Nemtsov, whose slaying on the streets of the capital has shaken Russia's beleaguered opposition.

The mourners marched to the bridge near the Kremlin where Nemtsov was gunned down shortly before midnight Friday.

Chanting "We'll not forget, we'll not forgive" and waving Russian flags, the crowd filled the road along the Moscow River embankment. Many tied black ribbons to railings along the way.

The mood was sombre, with heavy security. Police helicopters flew overhead and police boats patrolled the river.

No one has been arrested in Nemtsov's killing, and Russia's federal investigative agency said it was looking into several possible motives.

Ilya Yashin, a friend and fellow opposition leader, said he hoped the killing would not frighten people.

"Essentially it is an act of terror. It is a political murder aimed at frightening the population, or the part of the population that supported Nemtsov and did not agree with the government," Yashin said. "I hope we won't get scared, that we will continue what Boris was doing."

Russian President Vladimir Putin has marginalized and intimidated his political opponents, jailing some and driving others into exile, since mass anti-Putin protests swept Moscow in 2011 and 2012. Nemtsov, 55, was among the few prominent opposition figures who had refused to be cowed.

Sunday's march could energize the opposition, but it could also prove to be a brief expression of emotions that dissipates in a climate of fear.

Mikhail Kasyanov, a former prime minister who joined the opposition, told the crowd the killing should be a turning point for Russia "for the simple reason that people who before thought that they could quietly sit in their kitchens and simply discuss problems within the family, now will start reconsidering everything that's going on in our country."

Russian investigators say they are considering the possibility that Nemtsov's killing was aimed at destabilizing the political situation and the politician was a "sacrificial victim."

U.S. view

"We hope there will be a thorough, transparent, real investigation, not just of who actually fired the shots, but who, if anyone, may have ordered or instructed this."

U.S. Secretary of State John Kerry. He said on Sunday television that the United States had no intelligence on who was behind the shooting.

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— Steeve R., Surrey BC

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Telecoms. Blackberry, Samsung pursue business sector customers together

BlackBerry Ltd. (TSX:BB) is bulking up its security partnership with Samsung Electronics in an effort to attract more business customers.

The Waterloo, Ont.-based smartphone company says it has locked in a new agreement that will integrate more of its services into Samsung Knox, the South Korean company's mobile security platform.

The pact is the latest in a growing relationship between BlackBerry and Samsung, once smartphone industry rivals who are now combining some of their efforts to bolster a competitive stance against Apple Inc., which is making its own solo push into the business community — known within the industry as enterprise users.

BlackBerry chief executive John Chen said his company brings additional security features to the table that Samsung needed to improve its slate of software.

"Samsung is a consumer company and they intended to get into the enterprise space," Chen said on a recent conference call with reporters.

"Enterprise needs a lot more than what the Knox offered."

The joint announcement comes just before the start of the Mobile World Congress trade fair in Barcelona, Spain on Monday.

BlackBerry's WorkLife allows businesses to supply phones to their employees, but create a virtual divide within the device that allows it to operate as if it were two separate phones.

SecuSuite software adds an extra level of security to the phone with encryption technology that makes voice and text communication "virtually tap-proof," Blackberry said. The service will be available on Samsung Knox this fall.

THE ASSOCIATED PRESS

Samsung unveils its state of the art

The new Galaxy S6, right, and S6 Edge are displayed during a Samsung Galaxy Unpacked 2015 event on the eve of this week's Mobile World Congress wireless show in Barcelona, Spain, Sunday, March 1, unveiling a new phone that ditches its signature plastic design for metal and glass. The South Korean phone manufacturer also unveiled a premium model with a display that curves around the edges.

MANU FERNANDEZ/THE ASSOCIATED PRESS

Air travel

South Pacific nations to bolster aircraft tracking

Australia, Indonesia and Malaysia will lead a trial of an enhanced method of tracking aircraft over remote oceans to allow planes to be more easily found should they vanish like Malaysia Airlines Flight 370.

The trial is expected to use satellite-based positioning technology.

THE ASSOCIATED PRESS

Economic crisis

Spain denies Greek accusation

Spain's prime minister has denied his Greek counterpart's claim that Spain and Portugal are trying to overthrow Greece's government.

Greek Prime Minister Alexis Tsipras had said the conservative Iberian countries planned "the wear and tear of our government" and its overthrow.

THE ASSOCIATED PRESS

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VOICES

NO GUARANTEE WITH ADULT ED

With the education program on the chopping block, Vancouverites need to come out to a Thursday forum to let the provincial government know how they feel

CITY HOLLER
Trish Kelly

If you go to the B.C. government's website, you can find info about a great program called the Education Guarantee. But take a screenshot — I did — because it likely won't be there for long.

Launched in 2008, the program offered tuition-free adult education for completing your high school diploma or getting high school level prerequisites needed for post-secondary programs. The program has been hugely successful, but the provincial government will make huge cuts to adult education effective May 1.

It's not that young people don't realize how important graduating is, but so many issues can derail a young person's education: An ailing parent, a learning disability, even a big move. Once out of school, they soon feel the number of doors closed to them.

My mother, for example, wasn't one to give life advice. Mostly, she was happy if we were happy, but she did drill into our heads that we had to get our Grade 12 diploma. She hadn't managed to herself, having fled an abusive home as a teen. Years later, as a single parent with two kids, she earned her diploma and went on to a trades program and computer training. By the time I hit high school, she'd finally lifted us out of the poverty of my early life.

Career options for those without their diploma are bleak, and today, even a diploma is no assurance of a good job. That's why so many seek adult education programs. In the Vancouver School Board's adult ed programs alone, more than 2,500 people enroll every year.

Now, the government has placed on the chopping block free tuition for students who need upgrades to qualify for further career training. While they say that low-income students can apply for non-repayable grants to help cover the costs, this falls short of the funding the program used to receive.

Need Biology 12 to qualify for a care aide program? Chopped. Need an English 12 upgrade completed in the last five years? Chopped. Course fees will jump to more than $425. How many low-income workers in this expensive city will have that cash on hand? Adult ed courses don't qualify for student loans, and colleges don't offer payment plans. They just won't go.

Better-off adult ed students who can afford tuition are going to find that without the critical mass of adult ed students, school boards will not be able to offer the variety of time slots currently available. With less flexible options that fit the busy schedules of working people, enrolment will slip further.

Are you mad yet? A forum has been organized for this Thursday evening at the Croatian Cultural Centre. Teachers, students and anyone whose mom worked a full-time job and went to night school to make her kids' lives better should go.

The provincial government needs to keep their Education Guarantee. We need to tell them.

Trish Kelly lives and writes in East Vancouver. She has a crush on the Vancouver Foundation. Follow her on Twitter @trishkellyc

Your Vancouver

The sunny side of the strait

Photo submitted by Metro reader Karen Hansen

The sun sets over the Strait of Georgia last weekend from SW Marine Drive near UBC. Environment Canada is predicting more sunny skies for most of this week with daytime highs around 9 C. SUBMITTED

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Upcoming

Talking whale meat

Vancouver Kingsway NDP MP Don Davis is holding a news conference this morning, March 2, along with a representative of the International Fund for Animal Welfare to reveal new information on illegal whale meat shipments in Canada. Canada has signed a treaty vowing to protect endangered species, but a loophole allows the shipment of endangered species across Canadian territory so long as it remains in customs control. METRO

Robson Redux

Until March 15, an exhibition at the Museum of Vancouver allows people to check out entries for this summer's Viva Vancouver's pedestrian take over of Robson Street. In all, 80 design proposals were submitted for the annual Robson Redux. METRO

Vasek Pospisil at Kits

B.C. tennis star Vasek Pospisil will be at Kits Beach tennis courts on Tuesday for a public celebration. Pospisil, the co-winner of the 2014 Wimbledon men's double tournament, played his junior tennis at Kits. METRO

Davis Cup

Davis Cup action between Canada and Japan will be held this weekend at the Doug Mitchell Thunderbird Sports Centre at UBC. Canada is ranked ninth in the world, Japan is ranked 12th. METRO

metro

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CSAs love Mommy

The troubled characters in Xavier Dolan's forceful film Mommy had no trouble sweeping the Canadian Screen Awards on Sunday night, when the acclaimed feature racked up nine prizes including best picture.

Dolan's raw look at a widowed mother and her violent teenage son dominated the film categories, with the 25-year-old Quebec phenom taking best director, best editing and best original screenplay for himself.

The wins began before the glitzy CBC broadcast even hit the air, when Dolan was awarded the best editing and best original screenplay award in a non-televised pre-show.

"I'd love to thank my mother and dedicate this award to her, I truly mean it," said Dolan, whose searing debut, I Killed My Mother was also an intense mother-son saga.

During the broadcast, Mommy claimed all three of the acting prizes it had been up for, with best actor going to Antoine Olivier Pilon, best actress to Anne Dorval and best supporting actress to Suzanne Clement.

THE CANADIAN PRESS

Mommy director Xavier Dolan and producer Nancy Grant.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Schitt's Creek actress Annie Murphy poses with Dan and Eugene Levy on the Canadian Screen Awards red carpet on Sunday. G. PIMENTEL PHOTOGRAPHY/ACADEM

Canadian Royalty

Homegrown stars including Tatiana Maslany and Kiefer Sutherland gathered to celebrate the best in film, TV and digital media at the Canadian Screen Awards on Sunday night.

THE CANADIAN PRESS

Gimme Moore

Julianne Moore, who stars in David Cronenberg's Maps to the Stars, walked the red carpet in Toronto at the annual awards show where she was nominated for best actress in a film. She did not take home the trophy, however co-star John Cusack won for best supporting actor.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Not a Rookie win

Missy Peregrym holds the Golden Screen award for the highest rated TV drama for Rookie Blue at the Canadian Screen Awards.

THE CANADIAN PRESS

Best actress success cloned

Tatiana Maslany, who plays multiple characters in Orphan Black, won for best actress in a drama for the second year in a row. The hit Space series was also named best drama.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Kid Rock's instagram abuzz

Kid Rock's recent comments about Beyoncé drew the ire of her fans. GETTY IMAGES

Kid Rock is learning the hard way that you do not want to cross Beyoncé — or her legion of fans. Rock had some pretty unkind things to say about the Single Ladies singer's musical legacy and physical attractiveness during a rant to Rolling Stone: "Beyoncé, to me, doesn't have a f—ing Purple Rain, but she's the biggest thing on Earth," he says. "How can you be that big without at least one Sweet Home Alabama or Old Time Rock & Roll? People are like, 'Beyoncé's hot. Got a nice f—ing ass.' I'm like, 'Cool, I like skinny white chicks with big (breasts).' Doesn't really f—ing do much for me." Charming.

So what did Beyoncé's fans do? The 'Beyhive' descended on Rock's Instagram account and flooded his recent photos with countless comments and bee emojis.

It's kind of beautiful, but still probably more attention than Rock deserves.

Quoted

"How can you be that big without at least one 'Sweet Home Alabama'?"

Detroit rocker Kid Rock on Beyoncé's fame.

Justin Bieber with Naomi Campbell. GARETH CATTERMOLE/GETTYIMAGES

Biebs parties like it's his 21st birthday

Look out world, Canada's crown prince of obnoxiousness is really, truly not a kid anymore. Justin Bieber celebrated his 21st birthday over the weekend with numerous Twitter updates. Oh, and a huge house party, filled with sprinklers and 50 Cent hits, if the brief video he posted is any indication. Now that he's come of age, Bieber will have to find some new reason to get kicked out of U.S. nightclubs, but I'm sure he'll think of something. He's very resourceful.

'Nothing strange' about ScarJo, Travolta kiss

So that super-creepy photo of John Travolta grabbing and kissing Scarlett Johansson on the red carpet? Well, Johansson herself has heard what you've been saying about it and she wants you all to knock it off.

"There is nothing strange, creepy or inappropriate about John Travolta," she tells the Associated Press. "The image that is circulating is an unfortunate still-frame from a live-action encounter that was very sweet and totally welcome.

"I haven't seen John in some years and it is always a pleasure to be greeted by him."

If you say so.

Scarlett hugs John GETTY IMAGES

Rodriguez sorry for TMZ rant

So what is Michelle Rodriguez apologizing for this time? Oh, just a rant to TMZ outside a restaurant about the trend of updating comic book superheroes with non-white actors.

When asked whether she would be playing Green Lantern, Rodriguez said, it was the dumbest thing she had ever heard: "Because of this whole, like, 'minorities in Hollywood' thing, it's so stupid. Like, stop stealing all the white people's superheroes. Like, make up your own," she said.

The backlash led to her shooting an iPhone video apologizing, but added the practice was "lazy."

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Financial savvy starts early with an allowance

Money smarts. Giving kids their own dollars to spend and save teaches them important lessons

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Money management is a concrete skill and kids need access to money to learn how to manage it. ISTOCK

It's one of the universal truths about kids: Get them in a store and they are transformed into beggars as persistent as any telemarketer. Every shopping trip leads to upturned faces and pleas of, "Mom, can I have this?"

We like to blame the commercials on television, or over-indulgent parents, or a sense of entitlement never before seen because of rampant consumerism. But maybe the real culprits are habit and routine.

When was the last time you went into a store without buying something?

In our hectic, gotta-get-it-done lives, we seldom take the time to window shop or browse. Almost every store entry ends in a purchase. Maybe it's only natural that children copy our retail routines.

When everything is magically acquired by swiping a card and pushing some buttons, how are kids supposed to understand that there isn't an endless fountain of purchasing power? And since it's sometimes easier just to give in to our kids' all-too-frequent demands than to explain the big picture, children learn the wrong lessons.

We can all agree that children who are shown how to be responsible about money early on will be much more likely to stay in good financial shape down the road. But how do you get started?

First, you've got to give 'em some money. Before children can learn to manage money they need to be able to get their hands on the stuff. The debate about allowance — how much children should receive and who should manage it — rages. But the reality is that kids can't learn about money if they have no money to work with. Money management is a concrete skill. Yes, there are some abstract concepts you'll eventually have to cover — like compound interest — but it all starts with nickels, dimes, quarters, loonies and toonies.

I define an allowance as the money you normally spend on your kid put in your child's hands so he or she can learn to manage it. Given regularly, an allowance not only provides kids with the bucks they need to experiment with saving and spending, it also gives them the responsibility for keeping their money safe and using it wisely. Over time, even a modest allowance will get kids thinking about the value of money and how to make their dollars go further.

The alternative to an allowance, and a trap for most parents, is the dole system. That's when your kid asks for some cash and you dole it out. Since the dole system has no limit, there is no reason for a child to set priorities or make a decision on relative value.

If you're currently on the dole system and don't fully appreciate what it's costing you, consider keeping track of all money you hand over to your kid in a month. You may be surprised at how large his allowance is!

The amount you give your child will depend on how much you can afford, your child's age, and what you expect your child to do with her allowance. If the most you can afford is five dollars a week, so be it. While some parents are stuck on the two-dollar-a-week allowance, just think about what $2 can buy in this day and age.

Younger children need less money. If you expect older children to buy some of their own clothes, pay for their own haircuts and plan for big-ticket buys such as camp or car insurance, you'll have to figure out what each of those things costs. To those planned spending items you'll need to add some money for establishing a regular savings habit and, perhaps, some money for sharing.

You can use the age of each child as a guide, giving a dollar a week for each year of age. So a seven-year old gets seven dollars. You're the best judge of the amount that will be most appropriate for your child.

To differentiate between the different purposes for money, set up containers for each purpose. This is where the idea for the Magic Jars on Til Debt came from. The reason the jars work for children (and apparently for adults, too) is that they make the finite nature of money visual. There is only so much.

Allowance basics

Look at an allowance as having three parts:

- The part to be saved, the part to be shared, and the part to be spent.
- This third part can be further broken down into two parts: the spending kids want to be able to do on a whim, and the spending they intend to do based on specific expenses and expressly stated goals.
- Saving, sharing and planned spending are all ideas that have to be introduced, practised and reinforced.

Dining out

Eateries use plenty of tricks to pick your pocket

You may think you're immune to transparent sales pitches like "Do you want fries with that?" But the tactics restaurants use to nudge you into spending a little extra may be subtler than you realize. Here's a look at a few ways companies get you to spend more.

Take the $ out

Restaurant menus are a complicated mixture of psychology, art and sales pitches. No detail is too small to matter, right down to the dollar sign. Greg Rapp, a menu consultant in California, says he advises restaurants and fast-food chains to leave those off when listing prices on a menu. "Dollar signs remind people of money," Rapp said. "When you use dollar signs, your food looks more expensive."

Hand-eye co-ordination

The closer you are to something, the more likely you are to make an impulse buy. It's why the areas by registers are so crowded with those little extras. If you walk into Starbucks for a $4 latte, the café can push up the value of that transaction by 25 per cent just by getting you to grab a $1 tin of mints. So while nobody goes to Starbucks specifically for mints, a lot of people buy them. By a similar logic, Dunkin' Donuts began rolling out small display cases on front counters last summer that feature items like cookies and Danish pastries. The thinking is that you're more likely to get something to nibble on with your drink if it's practically in your grasp.

And over at McDonald's, apple pie dispensers are behind the registers where customers can see them. Jeff Stratton, former president of McDonald's USA, has said pie sales would fall dramatically if the dispensers were back in the kitchen.

THE ASSOCIATED PRESS

Restaurants use clever tactics to get you to add extras. ISTOCK

Top chicken with flavours of Greece

Dinner. Sautéed chicken breast with spinach, feta and tomatoes makes a zesty entree

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Kick off March with this fresh and easy dinner that rivals any restaurant entree.

Chicken is one of the most versatile proteins to serve. You can enjoy it as an informal everyday meal or jazz it up like what I've done here. The chicken doesn't need to be marinated or seasoned since there is so much flavour in the topping.

The chicken is lightly breaded and sautéed in a small amount of oil. The sautéed spinach and onions are the perfect match with the feta, tomatoes and olives, giving it a Greek infusion of flavours.

Feel free to substitute the spinach for baby kale and use any other firm cheese such as grated Parmesan, Asiago or crumbled goat cheese. I love to serve this meal with a Greek or Caprese salad.

Directions

1. Mix egg and milk on a large plate. On a separate plate, mix bread crumbs and Parmesan. Dip chicken in egg mixture, then bread crumbs.

2. Spray a large skillet with vegetable spray and add 2 tsp vegetable oil. On medium heat, sauté chicken pieces until cooked through, about 5-8 minutes. Set aside.

3. In another large skillet, add remaining 2 tsp vegetable oil and onions, garlic and basil. Sauté for 3 minutes until onions are softened.

4. Add whole tomatoes and sauté just until tomatoes begin to blister. Add spinach and sauté just until spinach starts to wilt.

5. Spread spinach mixture over chicken. Sprinkle with olives and feta.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 2 tbsp milk or water
- 1 cup bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 1/2 lb chicken breast, pounded
- 4 tsp vegetable oil
- 1 cup diced onion
- 1 tsp crushed garlic
- ½ tsp dried basil
- 16 small cherry or grape tomatoes
- 8 cups fresh chopped spinach
- 3 tbsp sliced black olives
- 1 oz crumbled feta cheese

This recipe serves four. ROSE REISMAN

Winter salad spikes kale and lentils with sweetness of pears

This chopped kale and lentil salad manages to feel both energizing and comforting at the same time.

The star is a handy box of steamed precooked lentils. Most grocers carry these alongside the packaged produce. Keep a box in the refrigerator and you'll find a million ways to use those lentils. Add a handful to soups, pasta or quinoa dishes, tuck some into an egg-white omelette topped with salsa, or sauté some up with brown rice and curry paste.

Save a little cash by cooking your own lentils (dry lentils are cheaper). The easiest way to cook dry green lentils is to boil them in ample salted water until al dente, about 12 to 15 minutes.

For this salad, use any hearty green. Kale is ubiquitous this time of year, and it's pretty darn cheap.

Directions

1. In large salad bowl, combine kale, lentils and walnuts.

2. Place the shallots in a small bowl, then pour the vinegar and boiling water over them. Add a pinch of salt, then stir and set aside to pickle for 5 minutes.

This recipe serves six as a main.
MATTHEW MEAD/THE ASSOCIATED PRESS

3. Meanwhile, in another small bowl prepare the dressing. Whisk together the mustard, lemon juice, vinegar and water. Drizzle in the olive and whisk until emulsified. Add pepper and black truffle salt, if using.

4. Once the shallots have pickled, add the diced pear, toss for a few seconds, then drain, discarding the liquid. Use paper towels to blot the shallots and pear dry, then add them to the salad bowl.

5. Pour the dressing over the salad, then toss to coat. Drizzle on more olive oil if desired before serving.

THE ASSOCIATED PRESS

Ingredients

- 1 large bunch of kale, washed, dried, destemmed and chopped (about 4 cups)
- 2 cups cooked green lentils
- 3/4 cups walnuts, toasted and roughly chopped
- 2 small shallots, thinly sliced
- 2 tbsp white or apple cider vinegar
- 1/2 cup boiling water
- Kosher salt
- 1 pear, cored and diced

Dressing

- 1 tbsp Dijon mustard
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- 2 tbsp water
- 2 tbsp olive oil
- Ground black pepper
- 1/4 tsp black truffle salt (optional)

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Keep your eyes on the prize like an Olympian

Tips

Paralympian talks tackling adversity

Gold medallist Bradley Snyder. GETTY IMAGES

Naval veteran Brad Snyder distinctly recalls the moment he realized that his life would never be the same.

It was just after he was wounded during an IED attack in Afghanistan with injuries that would leave him permanently blind. "I remember waking up in the hospital and thinking 'when I dream I can see, I can walk around just fine. But when I wake up, it's dark again.'"

During his recovery, a nurse asked Snyder if he liked sports and suggested that he consider training for the Paralympics. A member of the swim team during his time at the Naval Academy, Snyder decided to return to the sport and ended up winning two golds and one silver for the United States during the 2012 Paralympic Games in London. While most will not have to recover from setbacks as extreme as Snyder's, he stresses that there are universal lessons to be leaned from his experiences. We caught up with Snyder shortly after a recent speech he made at New York university as part of Deloitte's "Road Show with Team USA."

Try not to think of the past: "Dwelling on the negatives, dwelling on the stress, dwelling on the uncertainty — none of these are going to get you anywhere," says Snyder. "Focus on the positives, focus on personal development, focus on the upsides."

Accept that unfair things happen: "Crappy things are going to happen to everyone," Snyder points out. "We're all going to face adversity. Embrace your circumstances and realize that you can make things change."

Be humble: "I've had the good fortune that the way the Navy works is that you are thrown into the fire right away," says Snyder. "I have been the laughing stock of every joke, I've made so many mistakes that I can't even count them ... It's important to remember that success is often the fourth or fifth attempt."

LAKSHMI GANDHI, METRO NEW YORK

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American figure skater Evan Lysacek won the gold medal at the 2010 Winter Olympics in Vancouver. GETTY IMAGES

Career. Gold medallist Evan Lysacek explains how he manages to stay in the zone

LAKSHMI GANDHI
Metro New York

Olympian Evan Lysacek is quick to say that he was never the best skater on the ice.

"I felt that I was never as naturally talented or, overall, as good as my competitors," the 29-year-old tells us.

"But I always felt that if I could outwork them, then I could outperform them."

That hard work paid off for the American figure skater in 2010, when he took home the gold medal at the Vancouver Olympics.

Along with Paralympic swimmer Brad Snyder, Lysacek has been touring college campuses across the country as part of Deloitte's Road Show with Team USA. The two athletes have been speaking about their career journeys and explaining to students how they carved a path to success.

We caught up with Lysacek after his recent appearance at New York University and asked him for his tips on how ambitious readers can achieve their career goals.

Don't let anxiety derail you

Lysacek often speaks of the anxiety that temporarily threw him off during his routine in the Vancouver trials. Since then, he's come up with several ways to manage his anxiety but says things aren't perfect. "It's constantly evolving," he says. "It's like chasing a moving target. But for me, as much as I can bring the preparation in to manage the stress and anxiety, I do it."

Be willing to change course

After skating for more than half his life, Lysacek recently embarked on a new career in the real estate industry.

"I'm learning a new industry and taking on as much responsibility as I can," he says. "And I'm just trying to bring a lot of the ideals that I learned in my first chapter into this."

But, he adds, he hasn't left the skating life behind and will be going on tour again in March.

Balancing the two worlds has been interesting. "I'm very sore all of the time. I'm thinking about contracts, leasing, square footage while also trying to think about skating technique," he says.

Maintain your focus

Competing as a teen, Lysacek admits that he did have moments where he wished that he could have hung out with friends instead of constantly heading to the rink.

- "It's an abnormal life," he admits. "But I'm sure that there are a lot of fields where that same sacrifice and discipline come in."

NHL

Dorsett hopes he's a fit with Canucks beyond this season

At training camp, Canucks general manager Jim Benning touted Derek Dorsett as a "heart and soul" guy.

Dorsett has done plenty to substantiate such a statement, willing to finish his hits at every opportunity, or stick up for his teammates. He's been used on the penalty kill and the power play and has been a nice addition to Vancouver's bottom-six group of forwards.

That was an area of weakness with the Canucks last season.

Dorsett, who the Canucks acquired from the New York Rangers in exchange for the 85th overall pick at last year's draft, is one of Vancouver's three pending unrestricted free agents.

His current three-year contract worth a reported total of $4.9 million expires at the end of this season.

Dorsett had 17 points in 58 games prior to the Canucks meeting the St. Louis Blues on Sunday. He's three points off his career high, set three years ago.

The talk has gone from what Dorsett has brought to the Canucks to his potential future with the team beyond this season.

"There's been some communication to see where both sides are at," Dorsett said on Saturday.

"There's nothing imminent … but things can change quickly."

Dorsett expressed an interest in staying with the Canucks.

"I hope so. Obviously I like it here. I'd like to stay," he said. CAM TUCKER/METRO

Canucks goalie Eddie Lack keeps an eye on the puck after making a save against the Blues at Rogers Arena on Sunday night. DARRYL DYCK/THE CANADIAN PRESS

Canucks beat Blues in see-saw battle

NHL. Vancouver comes away with two points after squandering 3-goal, 3rd-period lead

CAM TUCKER
cam.tucker@metronews.ca

Shootout final

Canucks	Blues
6	5

From eventful to just downright strange, Sunday's game between the Vancouver Canucks and visiting St. Louis Blues seemed to have everything.

In a wild, chippy game, the Canucks won 6-5 in the shootout.

It looked early in the third period like the Canucks had two points in the bag. They showed resolve and toughness, and were fortunate, too.

The Canucks, down 2-0 less than six minutes in after a dreadful start, surged ahead to a three-goal lead with five straight goals. Jannik Hansen gave the home team the lead midway through the second period.

His lazy backhander somehow found its way through goalie Jake Allen, who inadvertently kicked the puck into his own net withhis left leg. It appeared as though the whistle had sounded just before the puck crossed the line.

A video review deemed it to be a good goal. The Canucks were off to the races.

Henrik Sedin made it a two-goal game. Nick Bonino made it a three-goal game in the third period. The Blues looked finished. Allen was pulled. His replacement, Brian Elliott, was then given the yank after Vancouver's fifth goal.

Despite that, the Blues pulled off a comeback of their own.

St. Louis, playing its second game in 24 hours, scored three times in the final 12 minutes of regulation, sending this game to overtime.

The Canucks converted each of their shootout attempts with Bonino, Radim Vrbata and Chris Higgins scoring.

4 SPORTS

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Rangers swap top prospect for all-star

NHL. Defenceman Keith Yandle, who led Coyotes in scoring the past three seasons, shipping off to N.Y.

The New York Rangers acquired a big piece in their push for another deep playoff run, picking up All-Star defenceman Keith Yandle in a trade with the Arizona Coyotes on Sunday.

The Rangers, who lost to the Los Angeles Kings in the Stanley Cup Finals last season, didn't wait until Monday's trade deadline to make a big move for this year's run.

The 28-year-old Yandle has been one of the NHL's best offensive-minded defencemen, a four-time All-Star who has led the Coyotes in scoring the past three seasons. He has 41 points in 63 games this season and has been the anchor of Arizona's power play unit.

New York also received defenceman Chris Summers and a 2016 fourth-round pick for defenceman John Moore, top prospect Anthony Duclair, a conditional first-round draft pick in 2016 and a second-rounder this year.

The Rangers made two more deals Sunday ahead of the trade deadline, acquiring forward Carl Klingberg from the Winnipeg Jets for forward Lee Stempniak, and picking up forward James Sheppard from the San Joe Sharks for a fourth-round pick in 2016.

Former Arizona Coyotes' defenceman Keith Yandle GETTY IMAGES FILE

Arizona agreed to retain 50 per cent of Yandle's salary to complete the deal.

"It's very simple: The only way we could do a deal with the Rangers given their cap situation was to retain salary," Coyotes general manager Don Maloney said. "That's the reality of the world we're living in. We would not be doing this type of deal if we were acquiring a 33-year-old player, but when you talk about a 19-year-old potential first-line winger and a couple of other high-draft pick assets, you realize it's going to cost you some money to make this type of deal."

The Rangers are third in the Eastern Conference, five points behind Montreal, and two behind the neighbouring Islanders in the Metropolitan Division.

The 28-year-old Yandle has been a core member of the Coyotes since they drafted him in the fourth round of the 2005 draft. An assistant captain in Arizona, he has been the subject of trade rumours for the last several seasons and was finally moved with a year remaining on a five-year, $26 million contract signed in 2011.

The struggling Coyotes were expected to be sellers at the trade deadline as they rebuild during one of the worst seasons in franchise history. Arizona, 13th in the Western Conference with 47 points, traded centre Antoine Vermette to Chicago on Saturday for a 2015 first-round pick and defensive prospect Klas Dahlbeck.

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More movement

- Despite being in the playoff picture, the Calgary Flames traded pending-free-agent winger Curtis Glencross to the Washington Capitals for second- and third-round picks.
- The 32-year-old found out he was dealt at the Flames' practice Sunday in Philadelphia.

King James and Co. grounded

LeBron James goes to the basket the Rockets' Josh Smith in the first half of Sunday's game in Houston. James had 37 points, eight rebounds, four assists, three steals and three blocks, but the Cleveland Cavaliers still fell 105-103 in overtime. / THE ASSOCIATED PRESS

NBA. Bulls Clipped at home

DeAndre Jordan had 26 rebounds and Chris Paul scored 28 points Sunday, leading the Los Angeles Clippers to a 96-86 victory over the Chicago Bulls.

Los Angeles was behind 76-75 when Jamal Crawford made a 3-pointer with 8:02 left.

The Clippers extended their winning streak to five in a row in Chicago, the longest in franchise history. They haven't lost there since Dec. 17, 2008. The Clippers improved to 2-1 on their four-game road trip.

The Bulls lost for the third time in their last 10 games.

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English Premier League

League Cup win ends Mourinho's trophy drought

The longest title drought of Jose Mourinho's managerial career ended, and the prospects of League Cup glory being followed by Premier League glory also improved on Sunday.

Before Premier League leader Chelsea beat Tottenham 2-0 in the first final of the English season, second-place Manchester City lost 2-1 at Liverpool.

So Chelsea's players paraded the cup at Wembley Stadium knowing that, in the quest for the biggest domestic prize, Chelsea has a five-point lead with a game in hand.

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FIFA

Blatter, three presidential rivals invited to debate

Sepp Blatter and his three FIFA presidential election rivals have been invited to participate in a television debate by the BBC and Sky.

The 78-year-old Blatter is seeking a fifth four-year term running football. FIFA Vice-President Prince Ali bin al-Hussein of Jordan, Portugal great Luis Figo and Dutch football association chief Michael van Praag want to end Blatter's reign, which began in 1998.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
An older friend or family member will give you some invaluable advice. You may be doing well at the moment but if you are willing to learn you will soon be doing even better.

♉ Taurus
April 21 - May 21
Don't worry if others say you don't take enough risks. If you follow your instincts over the coming week you will go much further than your critics.

♊ Gemini
May 22 - June 21
You will be eager to do favours, but don't force yourself on those who have not asked you to help. Some people prefer to suffer in silence.

♋ Cancer
June 22 - July 23
Something you value will go out of your life today. But you know you need to make room for the even better things coming your way very soon.

♌ Leo
July 24 - Aug. 23
Your opinion about someone you work or do business with will change dramatically today. Talk to them and get to know them better — it could be the start of a beautiful friendship.

♍ Virgo
Aug. 24 - Sept. 23
Not even a Virgo knows all the answers. What you discover today is sure to take you by surprise. How many other issues do you know less about than you imagined?

♎ Libra
Sept. 24 - Oct. 23
Don't keep your schemes and dreams to yourself: they are big enough for everyone to share in.

♏ Scorpio
Oct. 24 - Nov. 22
If you need to get back on good terms with a loved one or a relative now is the time. Just let them know your recent disagreement is well and truly forgotten.

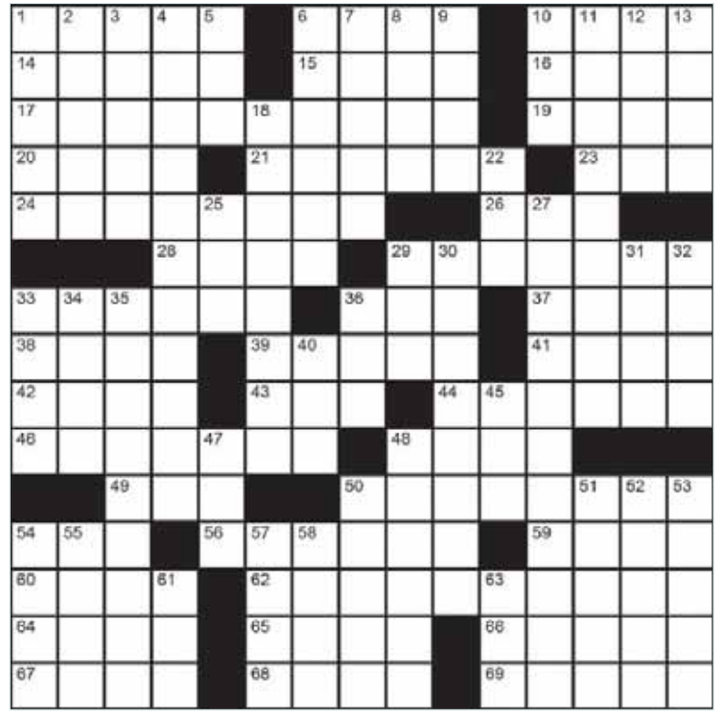
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to deal with someone who hates to take risks. According to the planets you will need this individual's help in the near future, so be nice — or at least pretend.

♑ Capricorn
Dec. 22 - Jan. 20
You will discover something about a friend that makes you understand why they have been behaving so strangely. Keep what you find to yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You need to make peace with someone you fell out with a week or two ago. Get over your disagreement and focus on what is important.

♓ Pisces
Feb. 20 - March 20
You need to reveal more of your feelings. Others don't know how to take you because you have been wearing your deadpan face for so long they fear it might now be for real. It's not, so get rid of it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



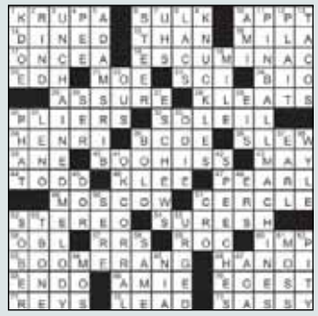
Across

1. Civil Rights leader Mr. Jackson
6. School subj.
10. Assorted [abbr.]
14. Keen
15. Travelling
16. Certain preposition
17. The Cartographer of _____ (P.S. Duffy's WWI novel set in the Western Front and Nova Scotia)
19. Image
20. "Before _ __ you go..."
21. Objective
23. Mil.'s special __
24. Suitor's song
26. Verb suffix
28. Read: French
29. Withdraws oneself
33. Ancient fortune-telling women
36. Howe'er
37. Judicious
38. Monster
39. San Jose Sharks player Matt born in Brentwood Bay, BC
41. "Immediately!" in the ER
42. Trick
43. Robin Roberts' show, commonly
44. Exit
46. Mr. Capote's
48. New-__
49. Prime meridian std.
50. Fugitive's plight, if caught
54. Bonfire remnant
56. "Take Me to Church" singer
59. Oz: Dorothy's surname
60. X-mark a ballot
62. Song by Canadian band Metric that goes: "Fingertip to painted lip...": 2 wds.
64. Atomic Number 26
65. "In the Valley of __" (2007)
66. Domesticated
67. E-Mail button
68. Danube†River, in Budapest
69. Not quite right

Down

1. Ms. Joplin
2. School: French
3. Ur's locale in ancient Mesopotamia
4. Fredericton's nickname, City of __ __
5. Poetic nightfall
6. Sick: French
7. On the ball
8. Piquancy
9. __ Park in London, England
10. Pas toi
11. Nunavut: Baffin Island's Meta __ Peninsula
12. Discontinue
13. Pros opposites
18. Pisces, for one: 2 wds.
22. Poetic contraction
25. Nothing
27. CBC's "The National", for one: 2 wds.
29. Sushi tuna
30. 007 love interest: 2 wds.
31. Pre-1917 emperor
32. Paving stone
33. Cushy
34. __ Straminsky, mess worker on "M*A*S*H"
35. BC: Body of water between Vancouver Island and Malcom Island, __ Strait
36. Old airline, e.g.
40. House's den, et al.
45. poet mr. cummings, et al.
47. Sports fig.
48. Vocal legend Ms. Franklin
50. Denizen of the Leaning Tower city
51. Campbell or Watts
52. Q. "Is this yours?" A. "No, it must be somebody __."
53. Bassoon props
54. Notice: French
55. Upset
57. Uttered "That's nice dear."
58. Phonetic alphabet's last letter
61. Finish
63. Airport posting, e.g.

Last Week's Crossword

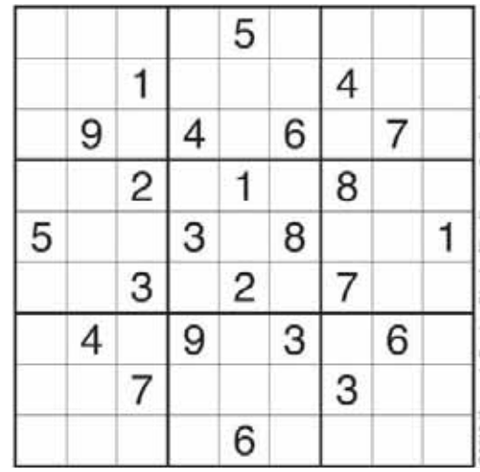


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Last Week's Sudoku

3	6	2	4	9	1	7	5	8
9	1	8	3	5	7	2	6	4
7	5	4	6	2	8	9	1	3
4	9	6	2	7	5	8	3	1
1	2	3	9	8	4	6	7	5
5	8	7	1	3	6	4	2	9
2	7	1	5	4	9	3	8	6
6	3	9	8	1	2	5	4	7
8	4	5	7	6	3	1	9	2

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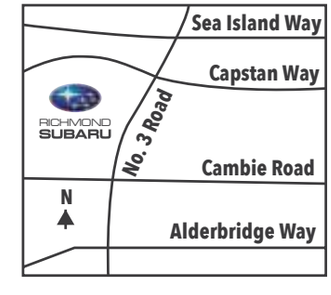

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